



Quick Tip God likes to converse with you the way you like to converse with others: He doesn't want you to rattle on and hardly notice him.

How (and Why) To Pray

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Reason 2 Don't you talk frequently, and for significant amounts of time, to those you love?

Quick Tip Kneel, or sit respectfully when you pray. Your body and soul are one. The way you carry your body is important.

Reason 3 As a baptized person, you are the representative of Christ's love at home, at work and in social situations. You will only represent him well if you've prayed.

Quick Tip Prayer is made of **ACTS**.

- A**-Adoration,
- C**-Contrition (sorrow for sins),
- T**-Thanksgiving,
- S**-Supplication (your requests of God).



Reason 1 If you had the chance to talk to Blessed Mother Teresa,

wouldn't you? Christ is infinitely greater, and you have the chance every day.



Reason 4 Prayer will transform your day and make it fruitful and fulfilling.

Reason 5 Only God can make you truly happy. Not your spouse, not your body, not your intellect. Know him.

Reason 6 Do you want to go to heaven? Then get ready with habitual prayer.

Quick Tip Start by remembering God is present and telling him in your own words why you believe in him, hope in him and love him.

Quick Tip If you get "stuck," you can slowly repeat the words of a simple prayer like: "My God, I adore your divine greatness from the depths of my littleness."



Reason 7 Read Luke 10:38-42: Jesus says there is "only one thing necessary."

Reason 8 Mental prayer is the only thing that will soften your heart besides suffering.



Quick Tip Read a brief passage from the Gospels, and picture it happening. You can even imagine Christ sitting with you.

Reason 9 Christ doesn't want you to pray because you *have* to. He wants you to pray because he loves you and likes talking to you.

Reason 10 Faithful prayer can give you in a moment what otherwise takes years of experience to gain.

Content: Father Lorenzo Gomez, LC (legionofchrist.org), April Hoopes (regnumchristi.org), Father C. John McCloskey (cicdc.org). **Art:** Tim Rauch. **Photos:** AFP.

The Rosary

Pope John Paul II has asked Catholics to say daily rosaries.

The Basic Rosary

1. Holding the crucifix, make the Sign of the Cross.
2. Holding the fifth bead up from the crucifix, announce the first mystery, then say the Our Father. Say 10 Hail Marys, one on each bead, while meditating on the mystery. End with: Glory to the Father and to the Son and to the Holy Spirit. As it was in the beginning, is now and will be forever. Amen.
3. Continue with the second, third, fourth and fifth mysteries in the same way.
4. Say the Hail Holy Queen.
5. End with the Sign of the Cross.

Joyful Mysteries (Monday, Saturday)

1. The Annunciation (see Luke 1:26-38)
2. The Visitation (Luke 1:39-56)
3. The Nativity (Luke 2:1-20)
4. The Presentation in the Temple (Luke 2:22-38)
5. The Finding of Jesus in the Temple (Luke 3:41-52)

Luminous Mysteries (Thursday)

1. Baptism of Christ in the Jordan (see Matthew 3:13-17)
2. Wedding Feast at Cana (John 2:1-12)
3. Proclamation of the Kingdom (Mark 1:15, 2:3-13)
4. The Transfiguration (Matthew 17:1-8)
5. Institution of the Eucharist (Matthew 26:26-32)

Sorrowful Mysteries (Tuesday, Friday)

1. Agony in the Garden (see Luke 22:39-46)
2. Scourging at the Pillar (Mark 15:6-15)
3. Crowning With Thorns (John 19:1-8)
4. Carrying of the Cross (John 19:16-22)
5. The Crucifixion (John 19: 25-30)

Glorious Mysteries (Wednesday, Sunday)

1. The Resurrection (see Matthew 28:1-10)
2. The Ascension (Acts 1:6-11)
3. Descent of the Holy Spirit on the Apostles and Mary (Acts 2:1-13)
4. Assumption of Mary Into Heaven (Revelation 12:1-3, 13-18)
5. Coronation of Mary (Revelation 12:1-5)

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